

# THE ROCKIES PACK LIST

## CAMPING EQUIPMENT

1	65L backpack - with waterproof backpack cover	1	Synthetic camp towel - bath towel size
1	20° sleeping bag - with compression sack	1	Headlamp - with extra batteries
1	Sleeping pad	1	Insulated plastic cup - 8oz
1	Small backpack / day pack	1	4-5" bowl
2	Water bottle - 1 liter	1	Camping utensils

## CLOTHING

5	Synthetic underwear	1	Fleece pants
3	Sports bras	1	Rain jacket
1	Synthetic long underwear - top & bottom - midweight	1	Rain pants
4	Synthetic t-shirt	1	Fleece pullover - midweight
1	Synthetic long sleeve shirt / Sun hoody	1	Packable synthetic down jacket - heavy weight
2	Athletic shorts	1	Comfortable outfit - for travel and rest days
1	Hiking pants	1	Swimsuit

## FOOTWEAR + ACCESSORIES

4	Socks - synthetic hiking socks	1	Sun hat
1	Hiking boots or shoes - medium weight	1	Fleece (winter) hat
1	Water shoes - with heel strap (no Crocs)	1	Fleece gloves / mittens

## TOILETRIES

1	Sunscreen - 12oz	1	Soap
1	Hand sanitizer - 2oz	1	Deodorant
1	Toothbrush + toothpaste		Moleskin - 5-7 pads
1	Shampoo	1	Lip balm
1	Toiletry bag or Dopp kit	1	Insect repellent - 12oz

## MISCELLANEOUS

1	Sunglasses - with retainer strap (i.e. Croakies or Chums)	1	Spending money - \$50/week
1	Laundry bag	1	Watch
1	Whistle	3	Cloth face mask
2	Bandana	1	Insect head net
2	Nylon stuff sack - 20L	1	Compass

Optional Items: camera, book, journal, trekking poles, camp chair, camp pillow, buff